



# 保良局唐乃勤中學

Po Leung Kuk Tong Nai Kan College

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# 校訊

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## 校長的話 Principal Message

因應教育改革及外界需求，本校近年著重發展校本ACT課程，包括訓練學生的時事觸覺、溝通技巧及思維。此外，為訓練學生的語言能力，大部份科目將以英語作授課媒介，例如：數學、綜合科學、物理、化學、生物及商業會計等學科。至於電腦、地理、歷史、經濟等學科的總英語比例為50%。這個安排的目的是造就良好的學習環境，並為同學將來升讀保良局莊啟程預科書院，以至將來投身社會奠下穩健基礎。

新學制下，通識科變得尤為重要。故本學年起，為鍛煉同學的高階思維及批判性思維，我們將配合通識科六大學習領域，逐年訂立一年度主題。本年度的主題為「我的地球，我的家園」，本校各科組將根據此主題，安排各式各樣的活動，務求喚醒同學對環保議題的關注。緊貼時事，擴闊眼界，這正是活動的重點所在。

In response to the need of education reform and the changes in external demand, the ACT curriculum which emphasizes awareness of current issues, communication skills and thinking skills has been integrated both vertically and horizontally across all Key Learning Areas (KLAs) in Po Leung Kuk Tong Nai Kan Junior Secondary School. In order to strengthen our students' language proficiency, most of our subjects, such as Mathematics, Integrated Science, Physics, Chemistry, Biology and Business Accounts are going to use English as the medium of Instruction. Other subjects like Computer Literacy, Geography, History, Economics will use at most 50% of the lesson time for the English medium extended teaching activities. These arrangements aim at establishing a positive learning environment in which students acquire and build a solid foundation for continuing studies in the Sixth Form College and better future career development.

Starting from this year, as we want to equip students with higher order thinking and critical thinking for the NSS curriculum in Liberal Studies, we develop an annual theme for whole-year activities according to the 6 modules in Liberal Studies. The open ceremony of our theme this year, "My Earth My Home" has already successfully been launched. Lots of the activities have been organized in order to raise students' awareness of environmental issues. This is essential for our students in order to keep them abreast of world events and finally broaden our students' horizons.

## My Earth, My Home 啟動禮

為喚醒同學對環境破壞導致氣候轉變的關注，及為全年環保活動「My EARTH, My HOME」活動揭開序幕，學校於九月三十日（星期三）下午二時，假學校禮堂舉行「My EARTH, My HOME」啟動禮」。活動邀得環境局局長政治助理蔡少綿女士作主禮嘉賓、極地博物館基金創辦人李樂詩博士及無線電視《冰天動地》節目主持陳鍵鋒先生作分享嘉賓。

啟動禮先由保良局唐乃勤初中書院黃仲奇校長及環境局局長政治助理蔡少綿女士致辭作序幕。三位嘉賓接受學生以蔬果皮紫染製成的紀念品後，與保良局莊啟程預科書院戚美玲校長及黃校長進行啟動禮儀式。其後，李樂詩博士及陳鍵鋒先生跟師生分享遊歷冰川及其環保經驗。兩位嘉賓大談氣候變化之禍害及其所見所聞，令同學獲益良多。壓軸項目是本校劇社演出以保護環境為題材的劇目——《不要只顧自己》，以輕鬆而生活化的歌舞劇，帶出環境保育的重要性，劇社成員精彩的演出讓觀眾拍案叫絕。

從全球增溫，到近日哥本哈根的氣候會議……林林種種的資訊，環保已成為全球人類關注的議題。學校期望藉各項活動，提供更多途徑，讓同學目睹、耳聞、感受環境問題的嚴重性。氣候變化、污染加劇等已為全球人類帶來各樣危機和挑戰；學校所能做到的，是盡力供給更多資源，讓學生積極了解及回應環境問題。最重要的是讓學生發揮個人影響力，帶動身邊的人關注環境問題，共創美好環境。

## My Earth, My Home Launching Ceremony

To arouse students awareness on the climate change due to environmental damage, and to begin the year-round environmental protection activity "My EARTH, My HOME", the "My EARTH, My HOME Launching Ceremony" was held at 2 p.m. on 30th September (Wed). We invited Miss Linda Choy Siu-min, Political Assistant to the Secretary for the Environment as the guest of honour. Dr. Rebecca Lee Lok Sze, founder of the Polar Museum Foundation, and Mr. Samul Chan, the host of TVB programme "Vanishing Glacier" were invited to be the guests to share their experiences.

Mr Wong Chung Ki, Principal of Po Leung Kuk Junior Secondary College and Miss Linda Choy Siu-min, Political Assistant to the Secretary for the Environment gave the address speech for the Launching Ceremony. The three guests received souvenir dyed with the skin of vegetables and fruits made by the students, and initiated the ceremony with Ms Chik Mei-ling, Principal of Vicwood K.T. Chong Sixth Form College and Principal Wong. After that, Dr Rebecca Lee Lok Sze and Mr Samul Chan shared with the students and teachers their exploration of glaciers and their experience of protecting the environment. The two guests talked about the damage caused by climate change and what they had experienced on their trip. Students learned a lot from them. The Drama Club of our school performed the show "Don't be selfish" which was about protecting the environment. The relaxing musical conveyed the importance of conserving the environment.

From global warming to the recent climate conference in Copenhagen, environmental protection has become an issue of global concern. Our school hopes the various activities can provide more ways for students to understand the importance of the environmental problem. Climate change and pollution have brought about crisis and challenges. The role of the school is to provide more resources for students to understand and respond to the environmental problem. The most important thing is to enable students to influence other people around to be concerned about the environmental problem.



各界來賓陸續在簽名板上簽名留念，為本年度「My Earth, My Home」活動揭開序幕。Guests signing on the sign board to initiate "My Earth, My Home".



來賓於貴賓接待室裡留影。Guests in common room.



李樂詩博士及陳鍵鋒先生跟師生分享遊歷冰川及其環保經驗。Dr Rebecca Lee Lok-sze and Mr Samul Chan sharing their exploration of glaciers and their experiences of environmental protection.



本校劇社演出以保護環境為題材的劇目，台下觀眾反應熱烈。Our Drama Club performing a show with on the topic of protecting the environment. Great applause from the audience.



## 社術週

本年度重點關注事項“MY EARTH, MY HOME”啟動禮已於二零零九年九月三十日圓滿結束。啟動禮的結束見證著本年度各科組的環保活動正式展開。第一砲是於零九年十月舉行的「社術週」活動，各科組共同協辦了一系列的環保活動。

首先是音樂科的「環保樂器比賽」及「環保歌曲唱作比賽」，透過以環保物料製作環保樂器及演唱環保歌曲，用音符喚醒同學的環保意識之餘，亦讓同學的無限創意得到發揮。

地理科亦有「再造紙工作坊」、「天氣日記天氣觀測紀錄比賽」、「氣候變化講座及展覽」，讓學生用身心感受香港氣候之轉變，學懂以循環再造的方法去愛惜地球資源。

科學科則有「太陽能熱水器製作比賽」、「家居能源效益知多少？」，以科學的角度，讓學生思考地球能源危機的成因及其解決方法。

德育及公民教育組的「無冷氣節」、「齊齊熄燈半小時」及「參觀環境資源中心」，旨在讓學生身體力行，踏出環保第一步。此外還有中文科的環保辯論比賽及英文科「My Earth, My Home」演講比賽等，活動項目繁多，未能盡錄。「社術週」的結束，意味著更多精彩的環保活動陸續有來。

## Socio-Cultural Week

The Launching Ceremony of “MY EARTH, MY HOME” was launched on 30th September, 2009. The end of the launching ceremony labelled the start of the environmental protection activities of the subjects and groups. The first one is the “Socio-Cultural Week held in October 2009. Subjects and groups held a series of environmental protection.

The first “Enviro-instruments Competition” and “Enviro-songs Competition” of the Music Department showed students’ creativity.

The Geography Department held a “Recycled Paper Workshop”, “Weather Report and Observation Competition” and “Climate Change Seminar and Exhibition”. Students could feel the climate change in Hong Kong and learned to treasure the resources in the earth through recycling.

The Science Department held a “Solar-energy Heater Making Competition”, “How much do you know about household energy?” Students could think scientifically about the causes and the solutions of the energy crisis.

The Moral and Civic Education Committee held a “No Air-conditioning Lessons”, a “Let’s have half an hour lights off Programme” and “Environmental Resource Centre Visit”. They aimed to encourage students to start to protect the earth. A debate competition and a drama competition will also be held by the Chinese and English Departments respectively. The end of the Socio-cultural Week means the upcoming of more environmental protection activities.



同學由老師協助下，環保紙逐漸成形。  
Students making recycled paper with teachers' help.

拿著自己的製成品，大家都興奮莫名呢！  
Excitedly holding self-made product.



同學都踴躍參與科組的攤位遊戲。  
Students actively playing games in the booths.



「環保樂器比賽」冠軍得主1A班溫傑軒演奏其環保樂器。  
The instrument performance from 1A Wan Po Hin, the champion of “Enviro-instruments Competition”.



溫同學與母親合照。  
The champion and his mother.



長春社導師講解氣候變化為人類帶來的危機。  
Tutor from Conservancy Association explaining the crisis brought by climate change.



學員需學習自行建營作其「安樂窩」。  
Students have to build their own “house”.



「多元智能躍進計劃」畢業禮留影。  
Graduation Photo of the Enhance Smart Teen Project.



「先鋒工程」是學生發揮創意和物理學常識的好時機。It's show time!



民安隊導師、老師及全體學員於圓墩營留影。  
Group photo, which was taken in the Yuen Tun Campsite.

## 多元智能躍進計劃

由教育局及民安隊協辦的「多元智能躍進計劃」已於2009年11月9日至13日圓滿結束，並於11月13日假香港民安隊總部為是次學員舉行畢業禮，邀請了本校的師生參與。是次活動共挑選了本校二十八名本校的中二及中三同學，參加於民安隊圓墩營舉行五日四夜的野外體驗營。

除了讓學生體驗民安隊訓練外，計劃亦旨在讓他們學會紮營技巧、急救技巧、先鋒工程、野外定向等知識，更重要的是了解和實踐團體精神的重要性。參與同學皆表示是次活動讓他們對民安隊的工作性質有更深了解之餘，亦學會了獨立和堅忍，並將受用一生。部份參加者更立志報考民安隊少年團，秉承其「服務大眾」之精神。

## Enhance Smart Teen Project

The Enhance Smart Teen Project is a program organized by the Education Department and the Civil Aid Service (CAS). This year, 28 of our F.2 and F.3 student were invited to join this program, including a challenging CAS wild camp during November 2009.

Besides tasting the toughness of CAS training, this program provided a platform for teens to learn tank-building, first-aid skills, orientation in the wild, and to understand the importance of cooperation and independence. As the result of this camp, some of our students decided to join the CAS Cadet Corps.



# 保良局中二級領袖訓練營

保良局中二級領袖訓練營已於2009年9月7日至10日，於保良局賽馬會大棠渡假村舉行，並於9月8日下午進行了《星光熠熠耀保良》之錄影。是次活動訓練營的對象為中二級全體同學。

是次活動由保良局資助，導航訓練中心主辦。目的除了讓學生體驗獨立生活外，亦旨在讓他們了解和實踐堅毅、勇敢和團體精神的重要性，同學皆表示是次活動讓他們變得獨立。透過四日三夜的宿營，他們已建立基本的自理技能；而部份活動甚具體力要求，亦對同學的耐力和毅力有所提升。除了學習生活技能和紀律，是次活動亦讓同學跳出校園，給予他們為過往的學習態度、待人處事作一反思，好好訂立日後目標。



走過石澗，亦同時上過人生中重要的一課。  
Precious memories will stay in our heart.



保良局中二級領袖訓練營全體師生合照。  
The F.2 Discipline Training camp group photo.



走過石澗，亦同時上過人生中重要的一課。  
It was an important lesson of our life!



離營一刻——我們準備好迎接營外挑戰！  
We are ready for the challenges outside the camp.

## The F.2 Discipline Training Camp

The F.2 Discipline Training camp was held in September 2009, in the PLK Jockey Club Tong Nai Kan Resort. This program was subsidized by Po Leung Kuk, and organized by Navigator Training Centre Limited. It was aimed at teaching students how to be more independent, and to face any obstacles with courage. Through the activities the students were able to learn of their strengths and weaknesses.

Besides discipline training and basic living skills, this camp also provided an opportunity for students to step out of the classroom, to enhance their learning attitude and interpersonal relationships, and set personal goals.



楊永明校長與蕭副校長合照。  
Mr. Derek V.M. Yeung and our Vice Principal, Ms Siu Pui Yin.

## 保良局唐乃勤中學資訊日 Information Day

本校剛於二零零九年十二月十二日舉辦了本年度的學校資訊日，邀請教育先進、老師、家長、小六學生及公眾人士到校參觀。

活動於當日上午十時正式開始。除了提供學校課程及入學資料外，當日本校更舉行了升中模擬面試及升中講座。升中模擬面試分上、下午兩個時段進行，重點訓練小六學生的升中面試技巧，現場報名反應非常踴躍。另升中講座於下午二時三十分舉行，共分三場。本年很榮幸邀得保良局陳守仁小學的楊永明校長及保良局嚴志教育中心的容蓓蔚校長，蒞臨講解有關升中選校策略及升中面試策略。此外，還有本校的蕭佩賢副校長及保良局莊啟程預科書院戚美玲校長講解有關本校入學資訊，參與講座之人數超過500人。

除了升中模擬面試及講座，本校地下停車場亦設有不同學習領域的攤位，開放予各界人士參觀，分別有中國語文教育、英國語文教育、數學教育、科學教育、科技教育、個人、社會及人文教育、藝術教育及其他學習經歷（KLA），介紹科目的特色之餘，亦藉此展示學生之學習成果。此外，當日更設數場學生表演，包括合唱團獻唱、跆拳道表演、樂器演奏及聖約翰救傷隊步操表演等，把現場氣氛推至高峰。

保良局唐乃勤中學資訊日於當日下午五時正圓滿結束。當天活動招待超過700位參觀人士，謹此感激各界人士蒞臨參觀賜教。

Our Information Day was held on 12th December, 2009. We invited educators, teachers, parents and P.6 students to visit our school on that day.

The activity started at 10a.m. Besides providing the information about our school curriculum and application process, we also held a mock interview and a talk for prospective students and their parents. The mock interview sessions were divided into morning and afternoon sections, which focused on training students' interview skills. The response was extremely positive. The talk which was very well attended was held at 2:30p.m. was divided into 3 sections. We were honored to have Mr. Derek V.M. Yeung, the Principal of Po Leung Kuk Yim Chee Education Service Centre, Mr Yung Cheong Wai to explain the strategies of choosing an appropriately secondary school and the interview skills. We had also invited the Principal of Po Leung Kuk Vicwood K.T. Chong Sixth Form College, Miss Chik Mei Ling and our Vice Principal Miss Siu to further explain the admission information. There were over 500 participants.

Apart from the interview and the talk, our school lot also set up stalls for different learning areas for the visitors, including Chinese Language, English Language, Mathematics, Science, Technology, Personal, Social and Humanities Education, Arts and OLE. These stalls introduced the subject and showed the achievements of our students. We also held various student performances, including choir sing, the Tae Kwon Do performance, the musical instrumental performances and the St. John Ambulance marching performance. The Information Day was brought to a successful close at 5:00p.m. Over 700 visitors had come to our school. Thank you for your support.



大批家長等候參與模擬面試其間，稍事休息。  
A large number of parents are waiting for the mock interview.



升中講座反應熱烈，坐無虛席。  
The talk for prospective S1 students, has a positive response.



設於停車場的各科攤位，甚受家長歡迎。 The stalls of different subjects in the school lot.



保良局嚴志教育中心的容蓓蔚校長與蕭副校長合照。  
Mr Yung Cheong Wai and Ms Siu.



本校合唱團除了獻唱，亦有樂器示範及表演。  
Besides choir, we also have musical instrumental performance



本校跆拳道班的表演情況。  
The Tae Kwon Do performance.



# 粵港姊妹學校締結計劃

為促進本校學生與內地學生的交流及互相學習、推動本校教師與內地教師的教學經驗交流，以及擴闊本校師生視野，本學年，學校參加了「粵港姊妹學校締結計劃」，與深圳市省一級初級中學「深圳市坪山新區光祖中學」正式締結成姊妹學校。

2009年11月25日，兩校校長於香港教育局及香港教育工作者聯會的見證下，進行了簡單而隆重的簽約儀式。未來數年，本校會與姊妹學校進行教師互訪、觀課交流活動，亦會帶領部分學生到姊妹學校進行互相學習及分享交流活動，相信計劃對教師及學生都會有相當裨益。

簽約儀式後，深圳市坪山新區光祖中學校長羅更曉先生到臨本校參觀，了解本校的背景、辦學理念、班級結構、課程發展及學校特色等等。本校同學更擔當了帶領羅校長遊校的工作，羅校長亦參觀了一些課堂的上課情況，兩校校長藉此交換了意見，為安排更多交流活動作好準備。

## The Establishment of Sister Schools

On 25th November 2009, our school and Shenzhen SHi Ping Shan Xin Qu Guang Zu Zhou Xue, a junior secondary school of class one of the province, signed a sister school agreement linking the two schools together under was witnessed by the Education Bureau of Hong Kong.

In pursuit of greater understanding through reciprocal contact between students and teachers, both schools pledge to broaden the range of cultural and educational exchange programmes and to establish a lasting and fruitful relationship in the coming years.

After the establishment, the Principal of Shenzhen SHi Ping Shan Xin Qu Guang Zu Zhou Xue, Mr. Luo Gengxiao came to visit our school in order to gain some insights with regards to our school background, school vision, our school structure and curriculum development. Mr Luo also attended some of our classes. The two school principals took a advantage of this opportunity to prepare for the future exchange activities



羅更曉校長（左）及  
黃仲奇校長（右）  
Principal Luo  
Gengxiao(left) and  
Principal Wong Chung Ki



兩校正式結為姊妹學校  
The establishment of two  
schools



大合照  
Group photo



羅校長到臨參觀，本校學生代  
表迎接  
Our school representatives  
welcomed Mr. Luo



黃校長向羅校長介紹本校特色  
Mr. Wong introduced our  
school to Mr. Luo



本校致送錦旗予羅校長  
Our school presented the  
memorial flag to Mr. Luo



羅校長致送紀念品予本校  
Mr. Luo presented a  
souvenir to our school



羅校長參觀課堂  
Mr Luo visit one of our  
classrooms



羅校長參觀課堂  
Mr Luo visited one of our  
classrooms



羅校長及黃校長於校門前留影  
Mr. Luo and Mr. Wong took a  
photo in front of our school  
main gate